

THE CAISL FLAVOR GIVING YOU A TASTE OF CAISL



National Honor Society 2020-2021

OUR STORY

CAISL is home to a diverse student body, composed of over 50 different nationalities. We here at the NHS wanted to celebrate this diversity together and appreciate this melting pot of cultures present at our school, and give you a taste of CAISL. So what is one of the things that brings people together as a community? Food, and our love and appreciation for food! Keeping that in mind, we have curated a book that includes dishes from a variety of cultures. It doesn't just contain recipes though, as each dish has a personal connection to someone in the CAISL family. It includes personal favorites from our students, parents, and staff who want to share this memorable experience with you. We want to share with you THE CAISL FLAVOR!



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APPETIZERS

PREP TIME - 5 min

COOK TIME - 35 min

PORTIONS - 1 loaf

Beer Bread



USA



Ingredients/Equipment:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ½ cup old-fashioned oats
- 2 tbsp sugar
- 2 tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1.5 cups light or dark beer
- 6 cup loaf pan

Recipe:

1. Preheat the oven to 200C. Grease a 6 cup loaf pan (8.5 x 4.5 inches).
2. Whisk flour, oats, sugar, baking powder, baking soda, and salt in a large mixing bowl.
3. Add beer and mix with a wooden spoon.
4. Pour into the pan and bake for 35 min.
5. Let it cool on a rack for 10 min.

Cultural Significance/Personal Connection: It is a very healthy non-yeast and no-fuss quick bread that can be enjoyed with soup or eggs, or leftover for breakfast with butter and honey.

Penda

The Firozali Family - India



PREP TIME - 60 min COOK TIME - 30 min PORTIONS - 30

Ingredients/Equipment:

- 100g unsalted butter
- 1 tin condensed milk
- ½ kg milk powder
- ½ tsp ground cardamom
- ¼ tsp saffron
- ½ tsp ground nutmeg
- (Optional) ground almonds and pistachios

Recipe:

1. Melt butter in a stovetop pan on medium.
2. Mix in condensed milk, milk powder, and spices. Cook on low heat for 15-20 min, stirring constantly, until it starts to unstick from pan bottom.
3. Remove it from the heat and leave to cool.
4. Grease the palm of your hand (to prevent stickiness) and divide the mixture, forming golf sized-balls. Flatten slightly.
5. (Optional) Decorate the top with coarsely ground almonds and pistachios.

Cultural Significance/Personal Connection: Penda (or Pera) is a traditional sweet from the Indian subcontinent. Indian sweets in general are intimately associated with celebrations, be they secular or religious. And sharing them with all around is understood as sharing the happiness brought by the celebration.

PREP TIME - 45 min

COOK TIME - 5 min

PORTIONS - 16

Pierogies



Poland



Ingredients/Equipment:

- 2 cups all-purpose flour
- 1 tsp salt
- 1 egg (beaten)
- $\frac{3}{4}$ cup cold water
- 1 pound bacon
- 5 pounds baking potatoes
- 1 cup shredded Cheddar cheese
- Salt and pepper (to taste)

Recipe:

1. **Dough:** In a medium bowl combine flour, salt, egg, water. Mix and cover the bowl.
2. **Potato filling:** Place potatoes in a pot, cover with water, boil for 25-35 min. Remove and mash potatoes. Cook bacon in a skillet over medium-high heat, until brown. Drain, crumble, and stir into the potatoes. Mix in cheese, salt, and pepper.
3. **Roll dough** on a floured surface. Cut circles with a small round container. Place a spoonful of filling in the center of each circle, fold over, pinching edges together to seal. Bring a pot of salted water to boil, drop them in, and cook for 4-5 min.

Cultural Significance/Personal Connection: Pierogi are an important part of Polish culture and cuisine today. They are served in a variety of forms and are considered to be the national dish. They are served at many festivals, playing an important role as a cultural dish.

Buffalo Chicken Wings 🌶️🌶️🚫🥚

USA



PREP TIME - 15 min COOK TIME - 15 min PORTIONS - 10

Ingredients/Equipment:

- ½ cup all-purpose flour
- ¼ tsp paprika
- ¼ tsp cayenne pepper
- ¼ tsp salt
- 10 chicken wings
- Oil (for deep frying)
- ¼ cup butter
- ¼ cup hot sauce
- 1 dash ground black pepper
- 1 dash garlic powder

Recipe:

1. Mix flour, paprika, cayenne pepper, and salt. Place wings in a bowl and sprinkle the mixture on top. Cover and refrigerate for 60-90 min.
2. Heat oil in a deep fryer to 190C, the oil should cover wings entirely (an inch or so). Combine butter, hot sauce, pepper, garlic powder in a small saucepan on low heat. Stir together and heat until well blended.
3. Fry coated wings in hot oil for 10-15 min, or until parts turn brown. Remove from heat, place in a bowl, add hot sauce mixture and stir together.

Cultural Significance/Personal Connection: Deep-fried chicken wings have long been a staple of Southern cooking.

Swedish Meatballs

Sweden



PREP TIME - 20 min COOK TIME - 30 min PORTIONS - 48

Ingredients/Equipment:

- 4 tbsp butter
- 1 tbsp minced onion
- $\frac{1}{3}$ cup fine dry bread crumbs
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup half-and-half
- $\frac{3}{4}$ pound ground beef
- $\frac{1}{4}$ pound ground pork
- 2 tsp salt
- $\frac{1}{4}$ tsp ground white pepper
- $\frac{1}{8}$ tsp white sugar

Recipe:

1. Melt 1 tbsp butter in a frying pan on low heat, cook the onions until lightly browned (5-8 min).
2. Mix bread crumbs, water, half-and-half in a large bowl, let stand for 2 min. Stir cooked onion, ground beef, ground pork, salt, white pepper, and sugar into bread crumb mixture. Shape into 48 small meatballs.
3. Melt 3 tbsp butter in a skillet, add meatballs. Brown slowly, allowing about 25 min until meatballs are fully cooked in middle/no longer pink.

Cultural Significance/Personal Connection: Meatballs are as quintessentially Swedish as it gets. In their most traditional form, Swedish meatballs are made of ground pork and beef, cream, egg, and onion, and are served with creamy mashed potatoes, a thick, brown gravy, lingonberry jam, and pickled cucumber.

PREP TIME - 50 min

COOK TIME - 12 min

PORTIONS - 50

Potstickers



China



Ingredients/Equipment:

- 1 pound raw shrimp - ¼ cup water
- 4 pounds ground beef
- 1 tbsp minced fresh ginger root
- 1 shallot, minced
- 1 bunch green onions, chopped
- 3 leaves napa cabbage, chopped
- 2 tbsp soy sauce
- 1 tsp Asian (toasted) sesame oil
- Salt and white pepper (to taste)
- 1 pinch white sugar
- 1 (10 oz) package round gyoza/potsticker wrappers
- Vegetable oil

Cultural Significance/Personal Connection: Chinese dumplings are one of the most important foods in Chinese New Year. They symbolize wealth. Traditionally, the members of a family get together to make dumplings during the New Year's Eve.

Recipe:

1. Place shrimp in a food processor until finely ground. Process ground beef to fine grind. Mix shrimp, beef, ginger, shallot, green onions, napa cabbage, soy sauce, sesame oil, salt, pepper, and white sugar.
2. Place tsp of filling in the center of the wrapper. With wet fingers, dampen the edge of a wrapper. Fold it into a half-moon shape, enclosing the filling, and sealing edges together. Refrigerate.
3. Heat oil in a large nonstick skillet with a lid over medium heat. Place potstickers in hot oil, flat sides down, and wait until golden brown (1-2 min). Turn dumplings over and pour water over them. Cover with a lid and let the dumplings steam (5-7 min). Uncover the skillet and let the potstickers cook until all water has evaporated and they've shrunk tightly onto filling (2-3 min).

PREP TIME - 15 min

COOK TIME - 0

PORTIONS - 12

Deviled Eggs

Italy



Ingredients/Equipment:

- 6 hard-cooked/hard-boiled eggs
- 2 tbsp mayonnaise
- 1 tsp white sugar
- 1 tsp white vinegar
- 1 tsp prepared mustard
- ½ tsp salt
- 1 tbsp onion (finely chopped)
- 1 tbsp celery (finely chopped)
- 1 pinch paprika (or to taste)

Recipe:

1. Peel eggs, slice in half lengthwise, and remove the yolks. Set the whites aside.
2. Mash the yolks with a fork in a small bowl. Stir in mayonnaise, sugar, vinegar, mustard, salt, onion, and celery.
3. Stuff or pipe egg yolk mixture back into egg whites.
4. Sprinkle them with paprika and refrigerate until serving.

Cultural Significance/Personal Connection: The roots of modern deviled eggs can be traced all the way back to ancient Rome, where eggs were boiled, seasoned with spicy sauces, and served at the beginning of a meal.

Coxinha



Brazil



PREP TIME - 45 min COOK TIME - 30 min PORTIONS - 9

Ingredients/Equipment:

- 1 tbsp olive oil
- 4 cloves garlic (minced)
- 1 white onion (diced)
- ½ tsp paprika
- Salt (to taste)
- 4 oz cream cheese
- 3 tbsp fresh parsley (chopped)
- 2 cups (250g) chicken (cooked/shredded)
- 2 cups panko breadcrumbs (100g)
- 1 tbsp butter
- 2 cups whole milk
- ¼ cup chicken broth
- 2 cups flour
- 1 egg
- oil (for frying)

Recipe:

1. In a medium pot, heat olive oil and saute garlic and onions until soft/brown. Stir in shredded chicken, salt, and paprika. Transfer mixture to a bowl and mix in cream cheese and parsley.
2. Put butter, chicken broth, and milk in a pot and bring it to a boil. Stir in the flour.
3. Transfer the dough to a flat surface and knead it.
4. Roll an egg sized piece of dough into a ball. Flatten it and spoon filling into it. Wrap it into a pear shape.
5. Heat oil to 180C, dredge the dough in egg and panko, then deep-fry the dough until it is golden brown.
6. Drain on a wire rack and serve them!

Cultural Significance/Personal Connection: Coxinha is a type of street food that's incredibly popular in Brazil.

Gazpacho

Spain



PREP TIME - 10 min

COOK TIME - 0

PORTIONS - 4-6

Ingredients/Equipment:

- 1 English cucumber
- 1/4 cup chopped cilantro
- 1/2 cup extra virgin olive oil
- 2 1/2 pounds ripe tomatoes (chopped)
- 2 Fresno chiles or 1/2 red bell pepper
- 1/4 tsp freshly ground black pepper
- Cherry tomatoes/fresh herbs (for garnish)
- 3 tbsp sherry vinegar or red wine vinegar
- 4 small garlic cloves
- 1 1/4 tsp sea salt
- 1/4 small red onion

Recipe:

1. Finely chop 1/4 of the cucumber and reserve for garnish.
2. Peel remaining cucumber, cut into chunks, and transfer to a blender. Add tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper. Blend until it's smooth. Season to taste and chill for at least 2 hours.
3. Serve the soup with the reserved diced cucumber, fresh herbs, drizzles of olive oil, and freshly ground black pepper.

Cultural Significance/Personal Connection: Gazpacho is a refreshing dish, best eaten when in the open air. It's served cold, which is reflective of the hot summers that the region experiences.

PREP TIME - 120 min

COOK TIME - 20 min

PORTIONS - 6

Chicken Satay

The Bate-Poxon Family - Thailand



Ingredients/Equipment:

- ¼ cup coconut milk -1 tbsp canola oil
- 1 tbsp brown sugar -1 tbsp fish sauce
- 1 ½ tsp turmeric -2 tsp brown sugar
- 3 tbsp reduced sodium soy sauce
- 2 ½ tsp yellow curry powder
- 3 cloves garlic (minced)
- 1 tbsp freshly grated ginger
- 2 pounds boneless skinless chicken thighs (cut in 1-inch chunks)
- Kosher salt and black pepper (to taste)
- 3 tbsp creamy peanut butter
- 1 tbsp freshly squeezed lime juice
- 2 tsp chili garlic sauce
- 1 tsp freshly grated ginger

Cultural Significance: After living in many different countries and eating the local food, the chicken satay will forever be one of my favorites.

Recipe:

1. To make the peanut sauce: whisk together peanut butter, soy sauce, lime juice, brown sugar, chili garlic sauce, ginger, and 2-3 tbsp water.
2. Combine coconut milk, soy sauce, curry powder, turmeric, garlic, ginger, brown sugar, and fish sauce.
3. In a large bowl, combine chicken and coconut milk mixture. Marinate for at least 2 hours. Then drain the chicken.
4. Preheat the grill to medium-high. Thread the chicken onto skewers and brush with canola oil. Season it with salt and pepper.
5. Put the skewers on the grill, turning them occasionally, until they're completely cooked (about 12-15 min).
6. Serve immediately with peanut sauce.

A collage of various main course dishes including spaghetti, mussels, fried fish, chicken, and rice.

MAIN COURSES

PREP TIME - 10 min

COOK TIME - 25 min

PORTIONS - 4

Simple Scottish Stovies

The Moore Family - Scotland



Ingredients/Equipment:

- Scottish square slice sausage (1 slice)
- 4 large potatoes
- 2 medium carrots
- 1 large onion
- Salt
- Black pepper

- Sharp knife

Recipe:

1. Peel potatoes and chop into 1-3 cm cubes.
2. Peel carrots, and chop into chunks of 1cm.
3. Dice onions into mixed sizes (1-3 cm).
4. Chop a single square sliced sausage into many pieces, approximately 0.5 cm.
5. Place all ingredients in a large saucepan, add 1 liter of cold water, and bring to a boil (add salt and pepper to taste).
6. Simmer for 20-25 minutes, until large potatoes are cooked through.
7. Dish out in deep soup bowls, it's best with fresh bread!

Cultural Significance/Personal Connection: When old Scottish families had no money for fresh meat, they used leftover sausage for a thick broth. I have fond childhood memories of coming home from school on freezing cold days and having a large bowl of stovies.

Lham M'hammar (Braised & Roasted Lamb)



Morocco



PREP TIME - 15 min COOK TIME - 60 min PORTIONS - 4-6

Ingredients/Equipment:

- 1 lamb shoulder (cut in pieces)
- 4-5 onions
- 3 garlic cloves
- 3 tbsp olive oil
- 1 tsp salt
- ¼ tsp ground pepper
- 1.5 tsp paprika
- A handful of fresh coriander
- Pressure cooker

Recipe:

1. Cut onions and garlic, and put in a pressure cooker.
2. Add meat, olive oil, and all spices to the pressure cooker.
3. Mix ingredients to avoid burning.
4. Add water and close the pressure cooker.
5. 30 min after it starts to steam, open the cooker, remove the meat, and reduce the sauce progressively until it becomes syrupy.
6. Place meat in the oven, roast it, then serve with sauce.

Cultural Significance/Personal Connection: It is eaten on all occasions, often with bread or fries. It is a delicious recipe and my family loves it.

PREP TIME - 60 min

COOK TIME - 60 min

PORTIONS - 4

Mussels & French Fries



Belgium



Ingredients/Equipment:

- 1 kg Bintje Potatoes (or other)
- 1.5 - 2 liters of vegetable oil
- 4kg mussels (preferably fresh)
- 1 onion
- 2 cloves of garlic
- 1 bay leaf
- 1 thyme branch
- 2 celery stalks
- 1 carrot
- Salt and pepper (to taste)
- 1 glass of dry white wine
- Parsley

Cultural Significance/Personal Connection:

The sea in Belgium gives mussels, while the potatoes come from the land. It was a crop for the poor, so they joined the two to form a tasty dish. It's now appreciated by all Belgians.

Recipe:

1. Wash, peel, and cut potatoes (in 1 cm across batons). Put them in cold water.
2. Dry potatoes, and place small batches in a pot of oil (170C), and fry until they're a similar color to honey. Then remove them from the oil and place them in a colander.
3. Keep 4 tbsp of olive oil at a medium-low temp in the pot. Chop garlic, onion, celery, and carrot in thin slices. Fry onion and garlic. Add in celery, carrots, bay leaf, and thyme when onion/garlic is translucent. Let cook for 15 min. Put in wine, increase temp to high, and leave until syrupy.
4. Bring fry oil to 190C, put potatoes in, and fry until golden. At the same time, drain mussels, put them in a pot with salt and pepper, cover and keep fire high. Shake pot every 5 min. Remove after 20 min.
5. To serve, add chopped parsley and enjoy.

Ceviche

The Andreassen Family - Japanese with a Peruvian touch



PREP TIME - 5 min COOK TIME - 0 PORTIONS -2

Ingredients/Equipment:

- Fresh cilantro
- Red Spanish onions
- Fresh red chili (for taste)
- Green apple (optional)
- Glass mixing bowl
- 100 g raw shrimp or white fish (Lirio)
- Cherry tomatoes
- Lime juice

Recipe:

1. Cut the white fish into cubes, chop the fresh cilantro, finely slice the red Spanish onions and cut the cherry tomatoes into small pieces and add to a bowl.
2. Add a dash of olive oil, lime juice, a spoon of black flying fish eggs, some slices of red chili (for taste), a few slices of green apple (optional)
3. Add in some sea salt, mix everything using your hands, taste to see if lime and salt are proportionate.
4. Place the bowl of ceviche on a bamboo leaf, garnish with a micro edible flower and enjoy!

Cultural Significance/Personal Connection: This dish comes from Peru as there was a huge Japanese population that migrated there many hundred years ago. They invented this dish by mixing the leftover fish from the day with fresh ingredients at home, such as lime and cilantro. Different Latin American countries make Ceviche differently, historically it was considered the “poor man’s meal” but was also considered extremely healthy.

PREP TIME - 30 min

COOK TIME - 60 min

PORTIONS - 4

Mufete



The Assis Family - Angola



Ingredients/Equipment:

- 520 g of white, precooked beans
- 1 kg fresh fish (up to personal preference)
- 8 spoons of palm oil
- 10 garlic cloves
- 3 spoons of olive oil
- Half a cup of hot water
- 1 lemon (or to taste)
- 1 small onion
- Salt (to taste)
- Banana or plantain

Recipe:

1. Cook the beans for 30 min in water.
 2. Dice 4 garlic cloves and onion.
 3. Place pieces in the pot under heat with palm oil, until they turn bright.
 4. Place beans in the pot, cook for 20 min.
-
1. Season fish by spreading 6 smashed cloves of garlic with salt, olive oil, lemon, and hot water.
 2. Place in the oven and cook for 30-40 min.

Cultural Significance/Personal Connection: It comes from the west coast of Angola, seeing as the sea is there. It is a heavy meal, made to fill up fishermen's stomachs. We used to eat it every Saturday for lunch, and we usually ended up feeling very sleepy afterward.

Toad in the Hole



The Castanheira Family - UK



PREP TIME - 15 mins COOK TIME - 45 mins PORTIONS - 4

Ingredients/Equipment:

- 12 sausages
- 1 tbsp sunflower oil
- 140 g plain flour
- ½ teaspoon salt
- 2 eggs
- 175 ml half fat milk
- 1 roasting tin- approx 20 x 30 cm

Recipe:

1. Heat the oven to 220C/200C fan/gas 7. Put the sausages in the roasting tin with the oil and bake until golden brown.
2. For the batter: Add the flour and salt into a bowl. Crack in the eggs and slowly add the milk. Whisk together.
3. Remove the sausages carefully from the oven, They should be sizzling hot. Pour over the batter mixture. Cook for approx 30 mins until risen and golden.
4. Serve with mustard, ketchup/gravy, baked beans, etc.

Cultural Significance/Personal Connection: This recipe is from the UK and has been served since the 18th century. It is said the sausages resemble toads lying in wait of prey in their burrows, their heads just keep peeking out visible against the earth- just an imaginative theory, fear not there are no actually toads! I love this dish as it is incredibly cozy and comforting. It was a firm favorite when I was a little girl. Toad in the hole can be served at any time of the day.

Plov



The Kuznetsova Family - Russia



PREP TIME - 30 min COOK TIME - 120 min PORTIONS - 4+

Ingredients/Equipment:

- 1.5 kg of meat (lamb, pork, or beef) -Salt
- 1 kg rice - ½ tbsp turmeric
- 600g carrots - 1 head of garlic
- 500g onions - Ground red pepper
- 1 tbsp cumin -Ground black pepper
- 1 tbsp barberry -Vegetable oil

Recipe:

1. Cut onions in strips and meat/carrots in cubes.
2. Heat up a pot, and oil fry the onions until golden.
3. Add meat, fry until browning.
4. Add carrots, cook together for 5-7 min (uncovered).
5. Mix in cumin, barberry, turmeric, salt, and pepper.
6. Pour water so that it covers the meat, cover with a lid, and simmer for 35-40 on medium heat.
7. Wash rice and add it (don't mix with meat), flatten it on top so that it covers everything.
8. Pour water so it covers the rice by 2cm, and cook until it absorbs the water.
9. Put garlic in the middle, and press it into the rice.
10. Cover with a lid, and cook for 20-25 minutes.
11. When serving, mix the meat with the rice.

Cultural Significance/Personal Connection: Usually, if it's made with lamb and you go out to eat, having plov is a big occasion. It is Uzbekistan's national dish that is eaten on holidays and celebrations.

PREP TIME - 25 min

COOK TIME - 60 min

PORTIONS - 8

Lasagna



Italy



Ingredients/Equipment:

- 12 whole wheat lasagna noodles
- 1 pound lean ground beef
- 2 cloves garlic, chopped
- ½ tsp garlic powder
- 1 tsp dried oregano (or to taste)
- Salt and ground black pepper (to taste)
- 1 (16 oz) package cottage cheese
- 2 eggs
- ½ cup shredded Parmesan cheese
- 1 ½ (25 oz) jars tomato-basil pasta sauce
- 2 cups shredded mozzarella cheese

Cultural Significance/Personal Connection: The origin of lasagna can be traced way back to Ancient Greece. But nowadays it's considered a traditional Italian dish. It ranks with spaghetti as the favorite national dish.

Recipe:

1. Preheat the oven to 175 C.
2. Fill a large pot with lightly salted water, bring to boil over high heat. Add lasagna noodles a few at a time. Cook the pasta uncovered, stirring occasionally, until it's cooked through (10 min).
3. Place ground beef in a skillet over medium heat. Add garlic, garlic powder, oregano, salt, black pepper. Cook for 10 min and drain excess grease.
4. Mix together cottage cheese, eggs, and Parmesan cheese.
5. Place 4 noodles side by side in a 9x13 inch baking pan, top with tomato sauce, beef mixture, and cheese mixture. Repeat twice, ending with a layer of sauce, sprinkle the top with mozzarella cheese. Cover with aluminum foil.
6. Bake for about 30 min, remove foil, bake until cheese begins to brown (10 min).

Khai Jiao



Thailand



PREP TIME -

COOK TIME -

PORTIONS - 2

Ingredients/Equipment:

- 1 tsp distilled white vinegar
- 1 tsp granulated sugar
- 1 red/green Thai chile (thinly sliced)
- 4 scallions (thinly sliced)
- Freshly ground white pepper
- ¼ cup vegetable oil
- Cooked jasmine rice and Sriracha
- 4 large eggs
- 3 tbsp fish sauce

Recipe:

1. Mix chile, vinegar, sugar, 2 tbsp fish sauce, and 1 tbsp water in a small bowl.
2. Whisk eggs and remaining 1 tbsp fish sauce in another bowl until frothy. Stir in half of the scallions, season with white pepper.
3. Heat oil in a medium nonstick skillet over medium-high heat. Pour egg mixture evenly across the skillet. Let cook until golden brown underneath (30 sec). Turn over with tongs and cook the other side until golden brown (1 min). Transfer to paper towels to drain.
4. Serve over rice, add remaining scallions and Sriracha.

Cultural Significance/Personal Connection: This is a quick, easy, and delicious recipe that's always been a favorite with my family.

Fried Rice

China



PREP TIME - 15 min COOK TIME - 30 min PORTIONS - 8

Ingredients/Equipment:

- 2 cups enriched white rice
- 4 cups water
- $\frac{2}{3}$ cup chopped baby carrots
- $\frac{1}{2}$ cup frozen green peas
- 2 tbsp vegetable oil
- 2 eggs
- Soy sauce (to taste)
- 2 tbsp sesame oil (or to taste)

Recipe:

1. In a saucepan, combine rice and water. Bring to a boil, reduce heat, cover, and simmer for 20 min.
2. In a small saucepan, boil carrots in water for 3-5 min. Drop peas into boiling water and drain.
3. Heat wok over high heat. Pour in oil, then stir in carrots and peas. Cook for half a minute. Crack in eggs, stirring quickly to scramble eggs with vegetables. Stir in cooked rice. Shake in soy sauce and toss rice to coat. Drizzle with sesame oil and toss again.

Cultural Significance/Personal Connection: Fried rice is believed to have started as a way of reusing leftover rice due to the Chinese taboo against wasting food.

PREP TIME - 10 min

COOK TIME - 15 min

PORTIONS - 4

Spicy Fried Chicken 🌶️🌶️🌶️🚫🥚

Korea



Ingredients/Equipment:

- ½ cup milk
- 1 egg
- 1 pound chicken breast tenderloins
- ¼ cup all-purpose flour
- ¼ cup potato starch
- ¼ tsp ground black pepper
- Vegetable oil for frying
- ¼ cup brown sugar
- 2 tbsp soy sauce
- 2 tbsp gochujang (Korean hot pepper paste)
- 1 tbsp Worcestershire sauce
- ¼ cup honey
- ½ tsp salt

Cultural Significance/Personal Connection: The Korean double frying technique makes the outer layer extra crispy and golden. This is what makes Korean fried chicken unique compared to other variations.

Recipe:

1. Whisk milk and eggs together. Add chicken tenders and let them marinate in the refrigerator for 15 min.
2. Combine flour, potato starch, salt, and pepper. Pour it into a resealable plastic bag. Drain marinade and add chicken to the bag. Shake it to spread the sauce.
3. Heat oil in a deep fryer/saucepan to 165C.
4. Add chicken to oil (5 at a time), and fry for 2 min.
5. Increase the temp to 175C and fry the chicken again, until cooked through (about 2 min more).
6. Heat a small saucepan over medium-low heat. Add honey, brown sugar, soy sauce, gochujang paste, Worcestershire sauce, red pepper flakes, and ginger. Stir continuously for 5 min and drizzle sauce over the chicken.

Pasta Carbonara

Italy



PREP TIME - 25 min COOK TIME - 25 min PORTIONS - 6

Ingredients/Equipment:

- 4 eggs (lightly beaten) -1/2 tsp salt
- 1/2 pound sliced pancetta -1 tbsp olive oil
- 1 (16 oz) package penne pasta -1 tsp black pepper
- 1/2 tsp ground nutmeg -1 onion (chopped)
- 1/2 cup pine nuts (toasted) -2 cups heavy cream
- 3/4 cup chopped Italian flat-leaf parsley
- 1 1/2 cup freshly grated Parmesan cheese

Recipe:

1. Whisk together eggs, cream, and 1 cup of Parmesan.
2. Boil a large pot of water. Add pasta, cook (8-10 min). Drain pasta, and return it to the pot (off of heat).
3. Heat the olive oil over medium heat in a large skillet, add the onion and cook until transparent (8 min). Remove onion from skillet, and place it in a bowl.
4. Using the same skillet, cook the pancetta until browned, tossing with nutmeg.
5. Combine pasta, onion, pancetta, pine nuts, salt, and pepper in a skillet over low heat. Stir in the egg-cream mixture, tossing gently. Cook until just heated through. Remove and toss with parsley and 1/2 cup of Parmesan.

Cultural Significance- It is said that the pasta carbonara was created as a tribute to the Carbonari secret society .

Cevapi



Bosnia & Herzegovina



PREP TIME - 20 min COOK TIME -10 min PORTIONS - 30

Ingredients/Equipment:

- 1 pound ground beef
- ½ pound ground pork
- 3 garlic cloves (minced)
- 1 ¼ tsp salt
- 1 tsp ground black pepper
- 1 tsp paprika
- ¾ tsp baking soda

Recipe:

1. In a large bowl, mix together all of the ingredients.
2. Using slightly over 1 tbsp of meat mixture per sausage, shape the mixture into sausages (3 inches long and ¾ of an inch in diameter).
3. Place all sausages in a single layer on a platter. Cover the platter and refrigerate for at least an hour.
4. Preheat your grill to medium heat (175-200C).
5. Grill the sausages using a fine grate grill pan for 4-5 min a side, until golden and springy.
6. Serve the cevapi with sliced sweet onions and flatbread (like lepinja or pita).

Cultural Significance/Personal Connection: Cevapi is considered a national dish of Bosnia and Herzegovina, and is commonly found in Serbia and Croatia. It originated in the Balkans during the Ottoman period.

PREP TIME - 15 min

COOK TIME - 18 min

PORTIONS - 4

Schnitzel



Germany



Ingredients/Equipment:

- 4 veal/chicken/pork cutlets (pounded to ¼ inch thickness)
- ¼ cup all purpose flour
- ½ tsp salt
- 2 eggs (large and well beaten)
- ½ cup breadcrumbs
- Oil for frying

Recipe:

1. Pound meat to ¼-inch thickness, place it between sheets of plastic wrap and use a heavy flat pan or use a meat mallet.
2. Place flour and salt in one dish, eggs in the second, and breadcrumbs in the third.
3. In a large skillet, heat at least ¼ inch of oil 175C. Dredge cutlets first in flour, then in egg, then in breadcrumbs. Immediately place the meat in a pan with hot oil.
4. Fry for 2-3 min on one side, turn them over, and fry an additional 2-3 min.

Cultural Significance/Personal Connection: Schnitzel is the quintessential German dish. Every tourist to Germany has had schnitzel and most fall in love with it.

Beef Stroganoff



Russia

PREP TIME - 15 min

COOK TIME - 75 min

PORTIONS - 6



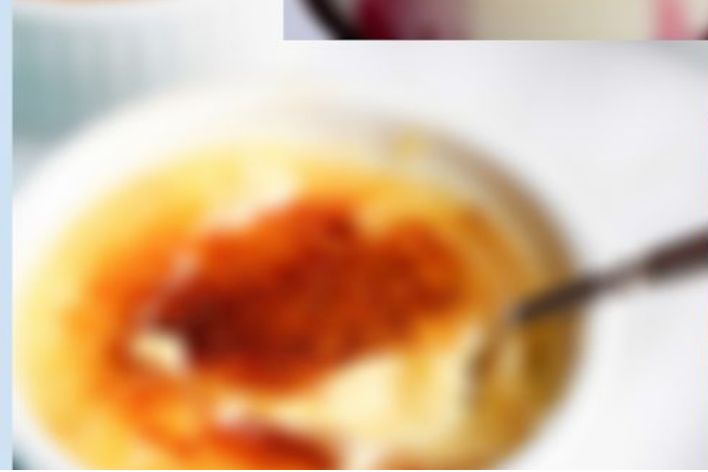
Ingredients/Equipment:

- 1 tbsp Worcestershire sauce - 1/2 cup cream cheese
- 1/4 cup all-purpose flour - 1/2 cup sour cream
- 1/2 tsp ground black pepper - 1 tsp salt
- 1 small onion (diced) - 1 tsp paprika
- 3 cloves garlic (minced) - 1/4 cup butter
- 1 (10 oz) can beef broth - 1/2 cup water
- 2 tsp red pepper flakes - 1 tsp yellow mustard
- 2 cups hot cooked noodles - 1/2 cup red wine
- 2 cups canned sliced mushrooms
- 2 pounds sirloin steak (1 x 1.5-inch strips)

Recipe:

1. Mix steak and red wine, marinate for 15-30 min.
2. Combine flour, salt, paprika, black pepper in a resealable plastic bag. Add steak to the mixture.
3. Melt butter in a skillet over medium-high, add steak, onion, garlic. Cook steak until it's browned (10 min).
4. Stir mushroom, beef broth, water, reserved red wine marinade, Worcestershire sauce, red pepper flakes, and mustard into the mixture. Bring to a boil. Reduce heat, cover skillet, and simmer for 60 min.
5. Stir cream cheese and sour cream into the mixture. Cook until warmed (2-3 min). Serve over noodles.

Cultural Significance/Personal Connection: This is a family favorite that my mother often made when I was a child.



DESSERTS

PREP TIME - 30 min

COOK TIME - 30-60 min

PORTIONS - 4

Bread & Butter Pudding

The Moore Family - England



Ingredients/Equipment:

- 25 g butter (plus extra for greasing)
- 8 thin slices of bread
- 50 g sultanas
- 2 tsp cinnamon powder
- 350 ml full-fat milk
- 50 ml double cream
- 2 free-range eggs
- 25 g granulated sugar
- Nutmeg (to taste)

- Bread knife
- 1 liter/2 pint pie dish

Recipe:

1. Grease a pie dish with butter.
2. Cut bread into triangles and cut off crusts. Spread each slice on one side with butter.
3. Arrange bread (butter side up) in a dish, add a layer of sultanas, sprinkle with cinnamon. Repeat until you've used all of the bread (finish with a layer of bread).
4. Warm milk and cream in a saucepan on low heat to a scalding point.
5. Crack eggs in a bowl, add $\frac{3}{4}$ of the sugar, and whisk lightly. Add the milk mixture. Strain into a bowl and pour over bread.
6. Sprinkle the nutmeg/remaining sugar and leave for 30 min.
7. Preheat an oven to 180C and bake for 30-40, until the top is golden brown.

Cultural Significance/Personal Connection: It's a traditional English pudding, a particular favorite of my mother, and a regular on the dinner table.

Coffee & Armagnac Parfait

The Bouvery Family - France



PREP TIME - 15-20 min COOK TIME - 15 min PORTIONS - 4-6

Ingredients/Equipment:

- $\frac{2}{3}$ cup of sugar
- $\frac{1}{3}$ cup of water
- 4 egg yolks
- 2 cups of heavy (double) cream
- 2.5 tablespoons of coffee extract/essence
- $\frac{1}{3}$ cup of Armagnac (or Cognac)

Recipe:

7. Stir sugar and water in a saucepan, and bring it to a boil over high heat.
8. Put egg yolks into a bowl, and once the sugar-water boils, pour the sugar-water into the eggs while whisking.
9. Place the bowl over barely simmering water in a pan, and whisk until frothy (3-4 min).
10. Remove the bowl and beat the mixture with an electric mixer/whisk on high for 5 min (until cool).
11. Place the cream in a large bowl, beat it until peaks form. Add coffee extract, Armagnac, and yolk mixture.
12. Divide into 4-6 glasses and freeze for 5 hours.
13. When serving, dust them with cocoa or coffee beans (if desired).

Cultural Significance/Personal Connection: This is a casual Bistro recipe. Casual French dining dates back to the 1800s. This is delicious in summer, complemented by fresh ripe nectarines.

PREP TIME - 25 min

COOK TIME - 18 min

PORTIONS - 6-8

Pão de Lo

The Martins Family - Portugal



Ingredients/Equipment:

- 9 yolks
- 2 eggs
- 190g sugar
- 3 spoons of flour

Recipe:

1. Mix eggs, yolks, and sugar for 20 min until it's smooth.
2. Add flour and mix with a wooden spoon.
3. Cover the cake pan with baking paper.
4. Pour the cream into the paper.
5. Put it in a preheated oven at 180C for 18 min.
6. Take the cake pan, stir a bit, and let it cool. Ready to eat!

Cultural Significance/Personal Connection: Pão de Ló is one of the famous egg cakes in Portugal. There are various pão de ló recipes from North to South. Some have originated from Convent's famous sweets. It is a special cake for the Easter holidays.

Bolo de Fubá (Corn Sponge Cake)

The Moretto Family - Brazil



PREP TIME -15 mins COOK TIME - 40 mins PORTIONS - 6-8

Ingredients/Equipment:

- 4 eggs
 - 2 cups sugar
 - 1 cup flour
 - 1 cup fubá mimosa (corn flour)
 - 1 cup oil
 - 1 cup milk
 - 1tbs baking powder
 - 1tbs fennel seeds
- Bowl, large donut baking pan, mixer, and spatula

Recipe:

1. Mix the egg yolks and sugar until fluffy. Slowly add milk, flour, oil, and corn flour, and then mix well.
2. With a spoon or spatula, add baking powder, fennel seeds, and whipped egg whites.
3. Pour the batter into a greased donut pan. Heat the oven to 180°C and bake for 30-40 min until a skewer comes out neatly.
4. Cool in the tin before transferring it to a rack, it's delicious while still warm. Pair it with passion fruit juice or a cup of coffee and enjoy!

Cultural Significance/Personal Connection: Bolo de Fubá is a traditional and popular cake, consumed everywhere in Brazil and a staple of the countryside as well as a cultural treasure. It is frequently associated with the Popular Saints parties in June, but also a symbol of coziness and hospitality. It is also nice to have a Bolo de Fubá ready in case an unexpected guest arrives for a coffee in the middle of the day!

PREP TIME - 15 min

COOK TIME - 45 min

PORTIONS - 4-6

Hot Fudge Cake

The Johnson Family - USA



Ingredients/Equipment:

- 1 cup of flour
- $\frac{3}{4}$ cup of organic sugar
- 6 tbsp unsweetened cocoa powder
- 2 tsp baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 2 tbsp vegetable oil or butter
- 1 tsp vanilla extract
- 1 cup packed brown sugar
- 1.75 cup hot water

Recipe:

1. Preheat the oven to 175C.
2. Mix the brown sugar with 4 tbsp of unsweetened cocoa powder.
3. Mix flour, 2 tbsp cocoa powder, salt, and baking powder. Mix in milk, vegetable oil, and vanilla.
4. Spoon batter into an ungreased 9-in pan.
5. Evenly distribute brown sugar and cocoa mixture over the top. Pour hot water on top (do not stir) and place it in the oven.
6. Bake for 40-45 min.
7. Best served warm with vanilla ice cream.

Cultural Significance/Personal Connection: Cake is a much loved southern dessert in America, but so is anything with a rich, creamy chocolate sauce! Hence the blending of these two delectable treats for a magical, mouth-watering creation! My best memory of serving this sinful delight was on a cold, snowy winter evening in Tennessee. My then 10-year-old daughter and I ate two helpings each that night!

Nanaimo Bars

Canada



PREP TIME - 30 min COOK TIME - 0 PORTIONS - 1 pan

Ingredients/Equipment:

- 1 cup butter, softened
- 1/4 cup white sugar
- 1 cup flaked coconut
- 5 tbsp unsweetened cocoa powder
- 1 3/4 cups graham cracker crumbs
- 3 tbsp heavy cream
- 2 cups confectioners' sugar
- 4 (1 oz) squares semisweet baking chocolate
- 2 tsp butter
- 1 egg, beaten
- 2 tbsp custard powder

Recipe:

1. In the top of a double boiler, combine a 1/2 cup of butter, white sugar, and cocoa powder. Beat in an egg, stirring until thick (2-3 min). Remove it from heat, mix in graham cracker crumbs and coconut. Press into the bottom of an ungreased 8x8 inch pan.
2. Cream together 1/2 cup butter, heavy cream, custard powder. Mix in confectioners' sugar until smooth. Spread over the bottom layer in the pan. Chill to set.
3. Melt semi sweet chocolate and 2 tsp of butter together over low heat. Spread over the chilled bars, and let it set before cutting into squares.

Cultural Significance/Personal Connection: The bars are named fair Nanaimo, British Columbia, where it was popularized in the years following the Second World War. In 2006, the Nanaimo bar was declared Canada's favorite confection by a reader's poll in the National Post.

PREP TIME - 15 min

COOK TIME - 45 min

PORTIONS - 5

Crème Brûlée

France



Ingredients/Equipment:

- 1 large egg
- 4 large egg yolks
- 100g granulated sugar (plus 15g for each serving)
- 700 mL double cream
- 1 tsp pure vanilla essence
- 1 tbsp orange liqueur

Recipe:

1. Preheat the oven to 150C/gas mark 2.
2. Mix the egg, egg yolks, and 100g sugar together at a low speed until combined.
3. Scald cream in a small saucepan (not boiled). With the mixer on a low speed, add cream to the eggs.
4. Add the vanilla and orange liqueur, and pour in 170-225 mL ramekins.
5. Place ramekins in a baking pan, pour boiling water into the pan halfway up the sides of ramekins. Bake for 35-40 min. Remove them from the water and refrigerate.
6. Spread 15g sugar on top of each and heat with a kitchen blowtorch until it caramelizes.

Cultural Significance/Personal Connection: It became extremely popular in the 1980s, “a symbol of that decade's self-indulgence and the darling of the restaurant boom.”

Buckeyes

Ohio, USA



PREP TIME - 15 min COOK TIME - 5 min PORTIONS - 60

Ingredients/Equipment:

- 1 ½ cups peanut butter
- 1 cup butter (softened)
- ½ tsp vanilla extract
- 6 cups confectioners' sugar
- 4 cups semisweet chocolate chips

Recipe:

1. In a large bowl, mix peanut butter, butter, vanilla, and confectioners' sugar.
2. Roll the dough into 1 inch balls and place on a wax paper-lined cookie sheet.
3. Press a toothpick into the top of each ball (as a handle for dipping) and chill in the freezer (30 min).
4. Melt chocolate chips in a double boiler and stir frequently until smooth.
5. Dip frozen peanut butter balls in chocolate holding onto the toothpick.
6. Put back on the cookie sheet and refrigerate until serving.

Cultural Significance/Personal Connection: These candies closely resemble the famous nut of Ohio's state tree as well as Ohio's state symbol (a buckeye). Every Christmas we all work together to make a batch of buckeyes, our favorite holiday treat.

PREP TIME - 10 min

COOK TIME - 10 min

PORTIONS - 20

Brigadeiro



Brazil



Ingredients/Equipment:

- 3 tbsp unsweetened cocoa
- 1 tbsp butter
- 1 (14 oz) can of sweetened condensed milk

Recipe:

1. In a medium saucepan over medium heat, combine cocoa, butter, and condensed milk.
2. Cook, stirring, until thickened (about 10 min).
3. Remove it from heat and let it rest until it's cool enough to handle.
4. Form the mixture into small balls and eat at once or chill until serving.

Cultural Significance/Personal Connection: The brigadeiro is a delicious Brazilian chocolate dessert, first created in Rio de Janeiro. It's widely celebrated as a national icon.

Panna Cotta

Italy



PREP TIME - 5 min COOK TIME - 10 min PORTIONS - 6

Ingredients/Equipment:

- $\frac{1}{3}$ cup skim milk
- 1 ($\frac{1}{4}$ oz) envelope unflavored gelatin
- 2 $\frac{1}{2}$ cups heavy cream
- $\frac{1}{2}$ cup white sugar
- 1 $\frac{1}{2}$ tsp vanilla extract

Recipe:

1. Pour milk into a small bowl and stir in the gelatin powder. Then set it aside.
2. In a saucepan, stir together the heavy cream and sugar, and set it over medium heat. Bring it to a boil, but watch carefully as the cream will quickly rise to the top of the pan.
3. Pour the gelatin and milk into the cream.
4. Cook for one minute, stirring constantly. Remove from the heat and stir in the vanilla.
5. Pour mixture in 6 individual ramekin dishes.
6. Cool the ramekins uncovered at room temperature. When it's cool, cover them with plastic wrap, and refrigerate for at least 4 hours.

Cultural Significance/Personal Connection: Panna cotta is a famous Italian dessert, served in restaurants across Italy.